



QUICK START GUIDE

SUPPORT FOR THE IMMUNE SYSTEM
DURING COLD AND FLU SEASON



JEN WITTMAN
CHHC, AADP

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With cold and flu season around the corner, it's important to be armed with immune boosting foods, beverages and essential oils to keep illness at bay.

Cooler weather and drier air can make you more vulnerable to viruses. Couple that with the stress of the holidays and our ever busy lives and the perfect environment is created for a cold or flu bug to nab ya!

The reason: Cold and flu viruses thrive in these conditions and at the same time, low humidity dries out the nasal passages; making your body's natural defenses weaker to trapping and eliminating microbugs.

So, how do we best protect ourselves and our family?

Here are my favorite essential oil tips, tricks and recipes to keep healthy, happy and on-the-go during this busy season.

HOW TO SUPPORT THE IMMUNE SYSTEM DURING COLD AND FLU SEASON

Use these essential oil remedies regularly to keep colds and flus at bay.

- 1. Use a humidifier.** When the weather turns cold, we often turn up the heat; unintentionally drying the air in the room. To keep bugs at bay, run a humidifier and add five drops of peppermint, oregano or eucalyptus essential oil to your humidifier's reservoir to keep the air fresh and the germs away.
- 2. Drink oregano oil water.** Place 1-3 drops of oregano oil in 1 Liter of water and drink 1 Liter each day for 5 days. You can use this when you're feeling sick or have been around someone who's sick.

Oregano oil is a highly potent purifier and provides many benefits to the body. It's comprised of two key compounds, carvacrol and thymol which have been shown in studies to have major effects on harmful illness causing micro-organisms in the body. The type of oregano in oil of oregano is different than the oregano we buy to use as a spice.

Oil of oregano was even used by ancient Greeks as a potent remedy for harmful viruses, bacteria, fungus and even parasites. It can also reduce pain and inflammation which helps fight off infections.

I use oregano oil for many things including tummy troubles, to boost the immune system, the occasional sore throats and for respiratory support.

CAUTION: One thing to note is that oil of oregano may reduce the body's ability to absorb iron so you don't want to drink it daily or during pregnancy. And if you're already sensitive (have allergies) to thyme, basil, mint or sage, you may be sensitive to oregano too so consult your physician or stop use if you have any skin irritation, rashes or vomiting when you use it. Generally speaking, this remedy is gentle and works for almost everyone.

3. Practice optimum oral health. After brushing your teeth, drop 1-2 drops of On Guard oil into a small amount of water. Swish around and spit into sink to kill off germs in your mouth. WAY BETTER THAN STANDARD MOUTHWASH...that are often made from alcohol, artificial colors and sweeteners, even formaldehyde. Yikes!!

Oral health is essential to our general health and well-being. Just go to PubMed.gov and you'll find loads of research establishing the link between oral and general health (which Ayurvedic practitioners have known for hundreds of years!)

Our mouths are a portal of entry for toxins and pathogens and if they aren't cleared by our normal defense mechanisms (which are usually run down from stress and exhaustion), can spread to the rest of our body.

Recent research has even shown that periodontal disease - and diabetes, cardiovascular disease, and adverse pregnancy outcomes - are affected by our oral health. So, taking care of your teeth and gums are crucial to not only keeping colds and flus at bay but also other diseases.

In addition to rinsing my mouth with On Guard oil a few times a day, I scrape my tongue, oil pull in the morning, floss, and brush my teeth. On Guard is also my quick solution for freshening my breath.

4. Use a neti pot daily or weekly. If you haven't heard of a neti pot, I can tell you, it's one of the greatest tools to for respiratory and immune support. I'll go into info on the neti pot below but basically after using it for your nasal rinse, you'd put 1-2 drops of peppermint essential oil on a Q-tip and rub the insides of your nostrils with it to support your sinuses.

Whether it's occasional springtime allergies or fall/winter illness, there always seems to be a reason to bring out the ol' neti pot. Neti, is a technique developed hundreds and hundreds of years ago by Ayurvedic practitioners in India as a way to purify the nasal passages.

Neti pots are made of all kinds of materials (ceramic, glass, plastic or metal) and are sold in most pharmacies and health food stores. I personally prefer ceramic pots but you can use any type.

How it works:

1. Fill the pot with warm water
2. Add a tsp of salt or a full salt packet
3. Insert the spout into one nostril and tilt your head to the side to allow about 1/2 the saline solution in the pot to flow up the nasal passage and then out the other nostril. Breathe through your mouth. Tip: if you feel a rush of water headed into your throat, tilt your chin down to direct the flow away from our throat and out your other nostril
4. Repeat this technique on the opposite side.
5. Blow your nose gently into a tissue.
6. Put 1-2 drops of peppermint oil onto a Q-tip and massage the inside each nostril gently.

There are [loads of videos](#) on YouTube showing you how to use a neti pot for further instruction.

Research is showing what Ayurvedic practitioners have known for years - using a neti pot regularly can clear the nasal passages to allow for free breathing, remove excess mucous, reduce pollen, allergens, bacteria and flu bugs in the nasal passages, alleviate sinus headaches, colds and flus, improve your sense of smell, and even reduce snoring.

5. Get more sleep. I know...this one seems too simple and almost boring but the lack of sleep we all get can really affect our immune system making us more prone to catching a bug.. Getting adequate sleep can also support our fever response so we can battle these buggers better. If you're having a hard time getting to or staying asleep, I highly recommend these remedies. We've tried them all out and they work like a charm.

- a. Rub lavender, Serenity or Balance essential oil on your feet before bed and place a few drops in a diffuser at night. Studies done by Britain's University of Southampton, found that participants who diffused lavender oil at night ranked their sleep an average of 20% better than the placebo group. Not too shabby!
- b. You can also put a few drops of each on your pillow, inhale the scent from the bottle, massage into the skin with a carrier oil (I love coconut oil!) or mix into a warm steamy bath.
- c. You can also create a simple sleep blend that will tuck you right in! Just combine:
 - i. 1 drop clary sage essential oil
 - ii. 1 drop ylang-ylang essential oil
 - iii. 1 drop marjoram essential oil
 - iv. 2 drops roman chamomile essential oil
 - v. 3 drops lavender essential oil

Sweet dreams!

IF YOU FEEL YOURSELF GETTING SICK:

Use these essential oil remedies the moment you feel yourself coming down with something. Seriously, the quicker you take action the better the chance you have before the symptoms get worse.

- 1. Take a steamy shower or a relaxing warm bath.** Drop 10 drops of essential oil into the tub or on a washcloth (which you'll place on the shower floor). My favorite oils to use for this is Eucalyptus Oil. Eucalyptus oil is great to help clear the sinuses and to soothe respiratory problems.
- 2. Take two On Guard essential oil pellets every few hours for the first day of illness.** This oil combination (which is basically the Thieves blend - see below) has been called a "natural antibiotic" and "natural antiviral" before because it is so potent and effective at wiping out illness.
- 3. Create your own hand and surface spray & hand sanitizer.**

Surface Spray Recipe

Ingredients:

- 2 drops tea tree oil
- 2 drops eucalyptus essential oil
- 3 drops lavender essential oil
- 5 drops orange essential oil
- 1 cup water, distilled or filtered

Instructions:

1. Add water + all the essential oil ingredients to a spray bottle.
1. Shake well before use.
3. Spray on countertops and other hard surfaces and let air-dry.
4. Store in a cool, dark place.

Hand Sanitizer Recipe

Ingredients:

- 8 ounces 100% pure aloe vera gel (not the green stuff found at the drugstore)
- 1 Tablespoon witch hazel extract
- ¼ teaspoon Vitamin E oil (optional - to use as a natural preservative and to soften hands!)
- 5-10 drops lavender essential oil
- 30 drops tea tree essential oil

Instructions:

1. Combine essential oils and Vitamin E oil in a small glass bowl.
2. Add witch hazel to the oils and swirl around.
3. Add this mixture to the aloe vera gel and mix well. Shake gently before each use.

(This sanitizer should last several months with the addition of Vitamin E to help preserve.)

IF YOU'RE ALREADY SICK.

Use these essential oil remedies if you're sick to speed up recovery.

- 1. Gargle with lemon oil if your throat starts to get sore.** Lemon oil is one of the most effective oils at warding off or reducing the severity of a virus. Add 1 to 2 drops of lemon oil to half a glass lukewarm water and gargle for a few minutes. Do not swallow the mixture after gargling.
- 2. Drink clove water for a scratchy throat and watery eyes.** Fill a water with purified water and add a few drops of clove oil. Drink the water over the next hour or so and continue until symptoms are gone. Clove is well known for its benefits to the immune system and anti-inflammatory properties. Drinking clove in your water may sting a little bit but it often helps take the rawness from the throat pretty quickly.
- 3. Make your own Thieves oil blend.** Thieves oil blend works well to combat a cough or flu and you can use it directly on the bottom of the feet or in lozenges. Thieves oil has such an interesting history. It's roots begin with spice traders and merchants who brought cinnamon and clove from India. When the Black Plague hit communities, these spice traders found themselves out of a job. With no money in site, many of them turned to thievery and to make sure they didn't get sick from a house plagued with well, the plague, these men would rub oils, vinegars and certain spices over their bodies. Sure enough, these guys avoided the plague! Apparently, when the king got word of this, he captured some of these thieves and threatened them with death if they did not give him the recipe to their remedy. Lucky for us, they spilled the beans and now we have this potent remedy today!

Thieves essential oil can ward off the colds and flus and help reduce the severity of an illness *after* you're sick as well because it's power at supporting our immune system.

Thieves Oil Recipe

In a dark glass bottle add the following essential oils:

- 40 drops of Clove Essential Oil
- 35 drops of Lemon Essential Oil
- 20 drops of Cinnamon Essential Oil
- 15 drops of Eucalyptus Essential Oil
- 10 drops of Rosemary Essential Oil



A NOTE ON USING ESSENTIAL OILS:

Do not use any essential oils product internally unless you are certain of its source and purity. Only certified therapeutic-grade oils are safe for internal or topical use. Other oils may be toxic. Be aware as labeling may be misleading.

If you want to know more about the oils I use and trust for my family, [click here to join me and Carrie Vitt of Deliciously Organic](#) for a discussion of our favorite oils and all the different ways you can use them.

The first time I ordered essential oils, I unintentionally stumbled onto a gold mine in terms of a useful kit. I chose The Family Physician Health Kit just as our family got hit with a nasty bug.

We all had to get better as we were awaiting the arrival of my sister's first baby and we all wanted to be in tip top shape to snuggle her.

When the kit arrived, I had everything we needed to combat the cold, cough, sore throat and aches we were all experiencing plus we used the sleep remedies to help us get some much needed rest.

I hope this guide has shown you all the practical, valuable and simple ways that essential oils can be used to combat colds and flus. For more helpful Essential Oils Recipes, click [here](#).

Wishing you and yours a healthy season and vibrant living!

❤️ Jen